

## EMERGING PSYCHOLOGICAL ISSUES DURING NOVEL DISEASE MENTAL STATE AND COVID 19

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### Abstract

*In this paper I intend to discuss the psychological problems arising due to this pandemic Covid 19. People all around the world are apprehensive about this virus which is taking so many lives altogether and that too all around the world . According to the doctors and scientists people with already a disease like heart problems or diabetes, children below 10 and people above 65 are more vulnerable to this deadly virus which is spreading just with a touch( according to some observation). Although these are the various observations about the causes and effects of this virus yet the reality is that nobody is that fully guarded from this disease. But my concern here is another serious sickness this virus is creating and that is psychological which is arising due to the restrictions being forced. People are confined to their homes without any other place to go and no other people to meet. No doubt people living amidst families are still on the safer side but people living alone are fighting a true battle which goes on within them and which isn't visible either. People are concerned by weakening economies, downfall of currencies and governments, but there are very few who are thinking about such issues. In this paper besides discussing the psychological problems arising due to Covid 19 I am also discussing the positive situations created due to this virus. People have got more time to spend with their families and they are doing the things which they had always wanted to do. So basically this paper is going to be about Positive as well as Negative impact of this virus on psychology.*

**Key Words-** Covid 19, psychology, virus, impacts.



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### Introduction

I am a person from 90's, whose childhood was very different from today's children. No gadgets, no internet, Doordarshan was the only channel to watch, family used to spend more time together, chirping of birds in morning and evening is normal. However, with passage of time, everything changed and all the things became history but I wonder, how this disease (Covid-19) has reversed the time and made me able to show all those moments which I spent in my childhood to my son. No doubt, this time is very stressful not only for governments to deal with but also for general public as nobody can move out of their houses for any purpose and media is adding butter in burning fire which is making people more stressful. If I talk about Covid 19 in detail, it's a virus never heard of and whose vaccine

the world is striving to create, originated in the Chinese city of Wuhan. According to the scientists the origin of this virus is still not specified yet it is virus basically found in the bats. The way it spread in the whole world and is still spreading in many parts of the world appears to be something invincible. No doubt its just a kind of a flu according to the doctors and the scientists but we are visualizing the havoc its creating all around the world and specially affecting the ones with a low level of immunity or the ones who are already suffering with some disease like heart problems and diabetes. The way it is spreading, as they claim , just with a touch is again a situation difficult to cope up with . Yet we all are trying to do the level best to keep ourselves and our families at bay from this fatal virus. The governments all around are also taking all the precautionary measures and putting all the restrictions just to keep their countrymen safe and secure. The result of all this being lockdowns and curfews all around the world. People are made to sit at homes for an indefinite period of time which is affecting them in many ways but specially mentally. Sitting at home, without any work is making people anxious about their future , basically about their income. All this has given rise to various psychological issues which humans are facing being confined within the four walls . Governments are doing everything to keep them provided with all the essentials. But this one essential requirement cannot be fulfilled by any politician or leader or a social worker as these problems are intrinsic and cannot be tackled by all.

### **Effects**

Number of covidpatients and death rates are increasing withevery passing day and pan world is facing drastic consequences of this. Doctors, who are dealing with coronavirus patients are in dilemma that to whom should they give priority as beds and related equipment's are limited but infected are limitless. Even many doctors arein the clutches of covid 19 and loosing their lives. Apart from restless nights of hospital staff andanxiety for their own families remain in their unconscious minds. Some doctors are newly wedded and some have small children and aged parents to look after but they sacrifice all their time ,love and affection because their priorities are nations, people and humanity.

Authorities are helpless and forcing people to follow the lockdown otherwise scenario can beunimaginable. There are places where cops are using force to impose curfew and other side is rather grim where police men's are beaten by public. This occurrence is only depicting the insecurity and puzzled cognition of beings . Gratitude for health personnel , sweepers ,cops and all those individuals who are outside their homes ,just to obey the orders of administration.

Economies ,GDPs and financial crisis is one another factor which is disturbing governments. Revenue generation is stooped but there are communities who are looking at administration for help ,this condition is more horrible in second and third world nations.NRI's or multinational companies ,which were backbone of nations like India are also at stagnant position. On the other side, students ,workers ,visitors in foreign land are feeling helpless as they are midway of nothing. They want to come back but their countries are not calling them back so their traumas are different from others.

Developing nations are surrounded by many other troubles apart from this disease because in such nation population, unemployment, poverty are existing monsters, which were haunting them since long but due to this problem unemployment ,recession and poverty worsen the position. Labourer ,who had migrated themselves from rural areas to urban ,in the search of employment need work, but they are ideal now and they don't have earning to pay rents and to feed their broods, preferring death due to corona rather than hunger .As a result, they are moving back to villages on their own because no transportation is available . They are walking and walking for thousand kilometres without food and water, luggage on their head, holding fingers of their young ones. Some are dying midway and some are not allowed to enter the jurisdiction of their villages. Mental and physical pain of these people need no words of sympathy and consolidation, only helping hands can relieve their pain.

Every nation is divided into some classes ,be it, a crème layer ,middle class or people from lower orders and everyone is in mental stress related to their jobs , businesses , family security and what not. People are anxious about what is happening inside or outside the walls of their space. Contagious disease is forcing them to remain far from society and unknowingly discrimination takes place among people. Moreover , some individuals are assuming that they as well as their family is protected from sickness and taking this situation very lightly but remaining are experiencing fear . There are some cases , where people committed suicide owing to this setting because they could not imagine this position . Such people are in mental trauma or one can say their coping skills are getting weak.

Darker side of today's modernisation is that people have less emotion and they are chasing behind materialistic things . For them curfew is just a wastage of time , which they can utilize to earn money and this is making them panic . Condition of earth and suffering of people is not in their thoughts ,they are self centred and only essential thing for them is money. Consequently ,they are criticizing the action of governments and living in their own world of

power which is gained with the help of money. Such hallucinations are difficult to control and cure .

Now the another concerned area is drug abusers, who were consuming many types of substances,are restless now,due to unavailability of intoxication. Restless and quarrels with others are common symptoms, making this situation more alarming. Suicidal attempts and harming themselves is increasing rapidly , how to calm them and what kind of interventions should takes place, need tobe advised by psychiatry and psychologist.Youngsters ,who were hiding their addiction habit from parents ,are forced to beg for drugs. Therefore, this time is not easy for anyone in any context.

Students of final year were waiting for the time to accomplish their formal education and pursue their future in a new direction, are now behaving hopeless and every new thought in their mind need some encouragement for bright and successful future. New strategies of government and institutions are baseless like as increasing number of patients are forcing them to turn from their tongue. Undoubtedly, everyone is suggesting the best available option but nothing is working well in these days.

Those who were already suffering with psychological complications, feeling grief ,without any loss . Disenfranchised grief is more painful because except the suffer ,no one canfeel and understand the agony. Special care is essential for such people but owing to the current aspects, all these things are considered secondary. Family members of such patientshave some special excuses if asked about the impolite conduct .

Evil nature people are playing pranks on innocent people in the form of circulating fake messages on social media to mislead the society, besides, to escalate distinction among people. For some this is only a silly joke but outcome takes place in the form of riots as well as emotional disturbance . Every part of the world has people like this mentality and in my opinion they also need psychiatric help otherwise who wants to do these indecent acts . This is not the end of the story ,media is also selling irrelevant news to increase the TRP and arecontributing inescalating psychological sickness .

*“In the past, censorship worked by blocking the flow of information. In the twenty-first century, censorship worked by flooding people with irrelevant information. People just don’t want to pay attention to, and they often spend their time investigating and debating side issues. In ancient times, having power meant having access to data. Today having power means knowing what to ignore”*(yuval NoahHarari in his book *Homo Deus*).

Entire world is facing lockdown but it is also enhancing the family issues. People are irritated by their own counterparts . Parents are screaming on children, husband-wife quarrels are increasing day by day, joint families are becoming battlefield . Now the question is , why this is happening? Are there really some personal issues or its just a displacement of anger? This is a matter thought provoking, if not it will become permanent . This is not a new phenomenon but its rapid growth is scary and diverging officials from covid to internal wars.

### **Solutions**

Being a member of developing nation and part of psychology family ,I can understand the reason of violence, discrimination, mental traumas, mood disorders and endless related issues but this sense of understanding is not common. People need to treat patients and their families with empathy but its not happening , even families are refusing to get back the dead bodies of diseased. Besides, locals are not allowing to give places for cremations too. This is like a communal war which needs kind attention of intellectual people.

Adding more into it, personality traits are different and sometime environmental factors also influence the reactions of an individual . If I divide human beings in two divisions, one who can cope easily in any situation and one who have no control on their emotions . In that case, like minded people of stable mind can help other members to handle the situation in a positive way, hospice programs are growing in many such cases in which caring is better than curing.

All the aforesaid issues need crisis interventions and authorities from pan world is directly or indirectly suggesting people to get help from psychologist as this time is aggravating psychological, behavioural and inter personal abnormalities . Hospitals have arrangements of psychologists to overcome the breakdown of patients and their families. Nevertheless, circumstances are threatening for those who are unaware of psychological difficulties or taking psychological problems in sense of madness.

This time is crucial one and psychologists can play vital role in it. Undoubtedly, it is difficult to approach individuals who are in psychological sufferings and vice-versa but media and internet can give panacea treatment in this situation. With the help of online lectures of stress management ,coping skills , time management and many more,one can reduce the non-physical problems. Apart from it, counselling can take place online with reduced charges so that no one feels burden of finances. Even masters final year students of psychology can also contribute in it as they have basic knowledge of counselling and interventions. This will make students busy and will be beneficial for society as well.

In addition to it, culture like India is very rich and have history of strategies to overcome the stress with the help of yoga and meditation . Even western countries are following it as this is the stress buster and relaxing the Mind and body. Surprisingly, It also helps in improving the immune system as well as anti-bodies which are required as prevention from unlucky disease of coronavirus . Those who were already engaged in workouts ,have less chances to have covid-19.

Another important factor is nutrition's ,balanced and healthy diet is always helpful in mental and physical health. Guidance and guidelines from health psychologist is necessary in this time because every individual is confined in their own places so physical activities are less and when one have nothing to do he or she have more craving for food ,therefore unhealthy food items are becoming important in every kitchen. In my opinion, this is a sheer wastage of commodities, time and health. If government and health psychologist work hand in hand to improve the life style of people, it will definitely work well.

Media is inevitable part of today's world and it is approachable to all, some programs related to healthy eating, workout plans and education can be fixed on TV channels or social sites. Adding more into it, Social advertisement, messages from celebrities and flash Messages on Television and media will have some impact on the minds of public. Psychological issues just need some attention, care and love . Half of the treatment is done and rest responsibility is on the shoulders of Psychologists.

### **Conclusion**

This time is unpredictable, it is difficult to say that when all the things will settle down. Hence, psychological shocks of communities are also needed to be resolved, before the time slips from the control . This is a first phase of the problem and can be controlled easily , ignorance will lead to the another reason of strain.

All in all, nature is healing itself. To clean the Rivers, lakes and ponds were major projects for environmentalists but now its cleaning itself. Beauties of birds ,flowers and plants are eye relaxing. Those who were complaining about lack of time to spend with near and dear ones have enough time of self realization and to share emotions with close ones . Many leisure activities can be done in this time, new hobbies can be generated . Children can be introduced to values, culture, morality and so on, elders too need education of smart world. Attitude of individual is crucial in any situation and circumstance.

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